

## **2012-2013 TANZANIA COUNTRY GUIDELINES FOR U.S. FULBRIGHT SCHOLARS AND STUDENTS**

The Fulbright Program is sponsored and administered by the Bureau of Educational and Cultural Affairs (ECA) of the United States Department of State, and awards scholarships to lecture, conduct research, and study abroad. The program is managed in country by the Public Affairs Section (PAS) at U.S. Embassy Dar es Salaam.

Country guidelines contain **summary** information about the Fulbright award, and logistical and program support provided through ECA, contact information for PAS or the U.S. embassy, and advisory information about your host country. These guidelines are an important resource, and should be reviewed prior to departing for your host country. This document may be supplemented by PAS during your arrival orientation at post. Please note that this information is subject to change.

### **THE PUBLIC AFFAIRS SECTION OF U.S. EMBASSY TANZANIA**

The following information has been compiled by the staff of the Office of Public Affairs of U.S. Embassy Dar es Salaam to facilitate the work of U.S. Fulbright students and researchers coming to Tanzania. The best sources for information are alumni who have recently taught or did research in Tanzania and who can tell you first-hand about actual conditions in the area of your assignment.

The Public Affairs Section (PAS) is responsible for managing Fulbright in Tanzania. PAS offices are located at the U.S. embassy, 686 Old Bagamoyo Road, Msasani, P.O. Box 9123, Dar es Salaam, Tanzania. Embassy hours are 7:30 a.m.-5:00 p.m. Monday-Thursday, and 7:30 a.m.-11:30 p.m. on Friday. The Embassy website is: [tanzania.usembassy.gov](http://tanzania.usembassy.gov).

The Information Resource Center is open from 9:00 a.m. to 5:00 p.m. Monday through Thursday and on Friday mornings. The IRC has internet stations, subscriptions to periodicals and research databases, and books for reference and borrowing. Non-PAS-sponsored U.S. students and researchers may also apply for membership cards. PAS welcomes researchers' active participation in its programs and, if feasible, will arrange for Fulbrighters to share their findings and experiences with interested scholars under the Fulbright Reflections Series.

Roberto Quiroz, Public Diplomacy Officer:	<a href="mailto:quirozr2@state.gov">quirozr2@state.gov</a>
Rehema Kalinga, Cultural Affairs Assistant	<a href="mailto:KalingaRJ@state.gov">KalingaRJ@state.gov</a>
Frida Mwenegoha, Cultural Affairs Assistant:	<a href="mailto:MwenegohaFA@state.gov">MwenegohaFA@state.gov</a>
General email addresses:	<a href="mailto:drs_exchanges@state.gov">drs_exchanges@state.gov</a>
	<a href="mailto:paodar@state.gov">paodar@state.gov</a>

Tel: (011-255) 22-2294000; Fax: (011-255) 22-2294722

A Marine guard is on duty at the Embassy 24 hours a day (Tel: 022 2294000 Ext. 4111). After office hours, the general line goes directly to the Marine guard on duty.

Email is the preferred means of communication, since it's considerably faster. We recommend that you send messages to multiple people and multiple addresses in case someone is away. If using regular mail, allow two to four weeks transit time each way for your query and the response.

## **YOUR FULBRIGHT GRANT AND THE BINATIONAL NATURE OF THE PROGRAM**

The Fulbright Program is administered in accordance with regulations established by the J. William Fulbright Foreign Scholarship Board (FSB). The Board has ruled that Fulbright grant funds cannot duplicate benefits received under other auspices. Therefore, grantees who receive host government or host institution financial contributions (for example, international travel, per diem/subsistence/housing allowance) in cash or kind do not receive allowances for these grant benefits. Grantees who receive a concurrent grant to the same country under other auspices may have their Fulbright grants reduced if Fulbright grant benefits are duplicated by the other grant.

Host country governments and institutions support the exchange program through two ways: (a) *monetary contributions*, which result in a sharing of program costs, or (b) *non-monetary assistance* to enhance the exchange experience for the guest scholar.

## **WHAT THE FULBRIGHT GRANT PROVIDES**

### **Fulbright Students**

Fulbright student grants have two components: (1) a base amount, and (2) a monthly maintenance allowance. Additional funds may be included in your grant as allowances and are described separately. Benefits authorized by ECA are paid in U.S. dollars through the Institute of International Education (IIE).

1. The **base amount** is provided to cover initial or one-time start-up expenses such as:
  - a. Unaccompanied and/or excess baggage.
  - b. Miscellaneous costs, such as visa fees, permits, medical exams, immunizations, etc.This is a fixed sum in each grant and may not reimburse all expenses completely.
2. A monthly **maintenance allowance** is provided to cover recurring subsistence needs such as housing, fuel, utilities, and food. The allowance is based upon the estimated standard living costs in the country of assignment.

### **Fulbright Scholars**

Fulbright scholar grants have three components: (1) travel and relocation, (2) a monthly maintenance allowance, and (3) a monthly stipend. Additional funds may be included in your grant as special allowances and are described separately. Benefits are based upon the estimated standard living costs in the country of assignment, and are not intended to duplicate U.S. salary

levels or the standard of living of U.S. diplomatic personnel. Benefits authorized by ECA are paid in U.S. dollars through the Council for International Exchange of Scholars (CIES).

1. Travel and Relocation

- a. Unaccompanied and/or excess baggage.
- b. Relocation allowance for expenses such as visa fees, permits, medical exams, immunizations, etc. This is a fixed sum in each grant and may not reimburse all expenses completely.

2. A monthly **maintenance allowance** is provided to cover recurring subsistence needs such as housing, fuel, utilities, and food.

3. Monthly **base stipend**

## **PRIOR TO YOUR ARRIVAL**

### **Travel to Tanzania**

Grantee air travel is coordinated by the travel agency, HRG Worldwide, which will bill IIE or CIES directly for the costs of your tickets. HRG staff will assist you with your reservation and then send your reservation to IIE or CIES for approval. You must book a round-trip ticket with a return date that corresponds to the grant end date. All air travel and all air shipments paid for with United States Government funds must conform to the Fly America Act, which requires that all such travel and shipments be on "U.S. flag" airlines where such service is available.

### **Airport Tax**

Residents and non-residents must pay an airport fee of \$35-40 cash or traveler's check upon international departure. Change is often not available so have the right denominations handy. Zanzibar airport tax is \$10 or Tshs. 10,000 upon departure from Dar and Zanzibar. These costs are as of May 2012 and subject to change. Check for exact cost and exchange rates closer to your date of departure. Most airlines now include this cost in the ticket, so check when booking your tickets.

### **Visas and Residence/Work/Research Permits**

Grantees should take copies of all identification certificates and documents, including marriage and birth certificates, driver's licenses, etc., to your assignment country. Make photocopies of the first two pages of your passport, which should be kept separate from your passport in case of loss or theft. Also bring extra passport photos for obtaining visas and conducting other business.

### **Research Clearance and Residency**

Students and researchers are advised to acquire a visitor's (tourist) visa for Tanzania while in the U.S.; however, a visa can be provided at any port of entry if you should fail to secure one in the U.S. Please note that the Government of Tanzania has the ability to issue one-year visitor visas, but you MAY NOT conduct research while on a tourist visa and your dependents may not work, volunteer, or study on this visa. The host institutions may help process student's other documents. Ask the university what steps you should be taken well in advance.

Before coming to mainland Tanzania to commence research, you must have a letter from the Tanzania Commission on Science and Technology (COSTECH), advising that your research has been **approved**. Preliminary approval is **not sufficient** to travel to Tanzania. Upon arrival in Tanzania, immigration will issue a three-month visitor's visa, after which a residence permit can be applied for once research clearance is obtained. Once COSTECH clearance is secured, the residence permit takes about two weeks to process at the immigration offices. You should keep multiple copies of all correspondence you send, and follow up regularly to see that it has been received. If you have not received a response, send a second copy.

Researchers are required to check with COSTECH many months ahead of their arrival whether they require any additional clearances – e.g. ethical clearance, educational clearance, wild-life clearance, photography clearance, etc. These usually take even longer, and are more difficult to obtain than the COSTECH clearance.

### **Applying for Research Clearance on the Mainland**

You should begin the application process for your COSTECH clearance as soon as you have notification that your grant has been approved. Any later is too late. COSTECH meets to review applications for clearance only once every three months, therefore it is essential that you submit your application for clearance as soon as possible, but no later than six months prior to your proposed travel. All researchers planning to carry out research on the Mainland must obtain research approval in advance from COSTECH. As regulations and the fee schedules change frequently, you may obtain current information from COSTECH, P.O. Box 4302, Dar es Salaam, Tanzania (tel. 0255-22-2700745/6); email: [Rclearance@costech.or.tz](mailto:Rclearance@costech.or.tz), for current information and application forms visit their web site ([www.costech.or.tz](http://www.costech.or.tz)) where on-line application forms can be found. COSTECH also accepts email attachments, although the photos and travelers checks made out to COSTECH need to be sent by postal mail. Complete the forms as thoroughly as possible, so that they will not be delayed pending further information. Follow the instructions on the application exactly. If your proposal is approved, you will receive a preliminary approval letter from COSTECH providing you with a local contact in Tanzania who can advise on or supervise your work, usually a faculty member at a university or a ministry official. If you already have such a contact (especially a university lecturer or someone who is academically qualified to comment on your research), it helps to ask him or her to write a letter of reference. A copy of this letter should be enclosed with the application. After COSTECH grants you preliminary approval, the application is sent for external review, and if this is successful, then you are granted full approval. At this stage you can travel to Tanzania. The actual clearance document usually has to be obtained in person at the COSTECH offices.

You are given permission to do research in mainland Tanzania according to the region of the country in which you propose to work, and you should specify the locations of your fieldwork in the proposal. If you change your plans after receiving clearance, you must obtain approval for your revised plans. The COSTECH permit fee of \$300 is payable after you arrive in Tanzania. This payment must be in traveler's checks or deposited into their account in Dar es Salaam. As noted above, you will receive a letter notifying you that your research clearance has been approved, which you must produce in order to apply for a residence permit at the Immigration Service headquarters in Dar es Salaam.

Please note that if there are problems, it may take many months to resolve. Researchers are **NOT** permitted to conduct research while on a visitor's visa. The Government of Tanzania is strictly enforcing this, so PAS will not approve travel for those without research clearance. Grantees must get approval before they arrive in Tanzania.

To conduct research in Zanzibar (Unguja and Pemba), a separate process applies. (See "Zanzibar" below.)

### **Visas**

Researchers, scholars and students who have received notice of their research clearance should apply for a visitor's visa from the Tanzanian Embassy at 1232 22<sup>nd</sup> Street NW, Washington, D.C. 20037 (Tel. 202-884-1080; 202-939-6125/7) before proceeding to Tanzania. Residence permits, including Class C typically availed to researchers can only be processed in Tanzania.

### **Residence Permits**

Apply for your Residence Permit to the Principal Commission of Immigration Services, at Loliondo Street in Kurasini, Dar es Salaam. Information on residence permit is available online at: <http://www.moha.go.tz> or by calling +255 22 2850607/ 2850575/ 2850576/ 2850569 or faxing +255 22 2850584.

Be as complete as possible to avoid delays in processing the forms. Submit the application along with 5 passport photos, a curriculum vitae, a copy of your COSTECH research clearance letter, and a fee of about \$120 or the equivalent in local currency. The residence permit itself is stamped into your passport. Those who have resided in Tanzania previously should bring as much documentation as possible about their earlier visits (file and permit numbers for previous residence permits) to expedite the process. Although you are not officially permitted to commence your research until the residence permit is issued, many researchers take advantage of this waiting time to locate the library and archive materials in Dar es Salaam, look for housing and vehicles, locate research assistants, and network with contacts. University teachers may be eligible for an exemption certificate, which saves the fee. They should check with the Public Affairs Section of the Embassy for guidance.

You should have copies of your transcripts, diplomas and degrees, which are relevant to your academic work. These may be requested by the university or by the immigration department. It is also necessary to have a CV complete with full contact address, marital status, name and dates of birth of dependants traveling with you, and plenty of passport size pictures. The latter are easily available in Tanzania. Please carry copies of at least three reference letters that give the full contact of your references.

Lecturers at universities in Tanzania: please note that your university is usually responsible for your residence permit, and will have their own requirements several months before you arrive in Tanzania. Check with your Fulbright contacts at the Embassy for this information.

## **Dependents**

Those listed on the application form, including adult female dependents, are covered by the scholar's residence permit. Each dependant requires a fee of approximately \$20. Tanzanian immigration law has no provision, however, for granting residence permits to male dependents over the age of 18. A previous grantee with male accompanying spouse reported that official documentation proceeded more smoothly when her spouse qualified for a research clearance and residence permit of his own. Keep this possibility in mind as you plan and pack copies of academic credentials. At the discretion of the Director of Immigration Service, a dependent's residency pass may be issued to a male dependent. (There is a special waiver that is granted irregularly and for which no instructions are available.) We advise male dependents over 18 years to request a one-year visitor visa as long as they do not intend to work (including volunteer work) or study. Spouses are advised to bring a copy of their marriage certificates as proof of marital status. (A marriage certificate is required for cohabitation at certain hotels, for example.)

Consult with immigration authorities upon arrival to get current requirements. Spouses who accompany researchers should be aware of the difficulties of living in Tanzania, and those who plan to do research should apply for separate clearance before arrival.

## **Renewing Visitor's Visa**

The Tanzania Immigration Service has zonal offices in each region. The Dar es Salaam office is located at Loliondo Street in Kurasini. If your visitor's visa expires before your residence permit is processed, you should apply for renewal of your visa at a zonal immigration office in the area you are conducting research at least three weeks before expiration. You will need 3 photographs and a copy of your COSTECH clearance. This process has become increasingly difficult and sometimes requires a letter from COSTECH. Getting preliminary clearance prior to arrival is, therefore, key. Recent Fulbrighter spouses have traveled out of Tanzania and then enter back in in order to renew their visas. This is risky at best and dangerous at worst as there is no guarantee that they will receive a renewal, so such travel can be perilous.

## **Other Research Considerations**

Photography permits and local clearance to conduct research in villages can be obtained from appropriate authorities after arrival, provided the researcher has COSTECH approval. If you wish to take photographs during your fieldwork, apply well in advance to the Public Relations Information Officer, Tanzania Information Services (TIS) or MAELEZO, P.O. Box 9142, Dar es Salaam, Tanzania, tel: 255-22-211-0585/212.2771/211.2860; fax: 255-22-211-3814/ 211-6474, [maelezopress@yahoo.com](mailto:maelezopress@yahoo.com) for a permit. MAELEZO reviews applications only once every three months, so, to reiterate, applications should be submitted well in advance. Standard applications for photographers are \$1,000; expedited (Fast Track) applications are \$3,000. The TIS offices are located on Samora Avenue, next to National Insurance Corporation Headquarters.

Interviews with district or village officials require a letter of introduction from regional officials. You may request such a letter from the Regional Administrative Secretary or the Regional Cultural Officer in the area where you will conduct research. This letter must be taken to the district officials for endorsement, and then to the village officials. Generally these officials are helpful and accommodating if the above protocols are observed. Research in Tanzania is illegal and practically impossible without proper documentation. Again, bring extra copies of color

passport photos for applications. These can be obtained locally and at a reasonable cost. Note: passport photos in Tanzania are generally narrower than U.S. passport photos, and usually have a blue background. The U.S. photos are usually accepted as well.

Former researchers have advised that work can be greatly facilitated by employing a research assistant from the area where you will work.

### **Research Affiliation with Universities**

All of the public universities operate research associate schemes for scholars wishing to be affiliated for their research interests. Such affiliation is possible when the research question falls within the academic competencies available amongst the staff of the university with which one seeks association. For such an affiliation you are required to apply to the Directorate of Research of the university. Such research affiliation also gives the researcher access to library facilities.

This application should be submitted at the same time as the application to COSTECH. Contact the appropriate research office within the institution to get the correct forms and procedures. Research associate status facilitates research clearance by COSTECH, but the researcher should expect the university clearance process to take at least six months, as the proposal must pass through several committees before being forwarded to COSTECH. Contact individual universities determine their fees for this process. These affiliations also facilitate the issuance of COSTECH research clearance, but may not always help with processing of residence permits. Institutions may ask in return for rights to your research, collaboration, mentoring of undergraduate or graduate researchers or conducting guest lectures in return for their services in addition to the fee.

### **Research Report**

All researchers are required to submit a report on their research to COSTECH quarterly. If you have research associate status with a university, you must send a copy of your complete report or dissertation to the library for inclusion in the East Africa section. If you do not submit your report, subsequent scholars in Tanzania may have a more difficult time getting COSTECH clearance. PAS will also require a copy of this report for your files.

### **Zanzibar**

Research in Zanzibar requires clearance from the island's Ministry of Information, Tourism, Culture and Sports, P.O. Box 772, Zanzibar. The application letter should describe the proposed research and formally request permission to carry out the project. It is also wise to inform the Assistant Minister, Ministry of State Planning, P.O. Box 874, Zanzibar.

Recently some Fulbrighters have received clearance through the Zanzibar Division of Archives, Museums and Antiquities when they had relevant research interests with that institution. Contact them at +255 (0)24 2230342 or email: [dama@zitec.org](mailto:dama@zitec.org). Please note that a mainland residence permit is not valid on the islands. You must get a residence permit on Zanzibar (which is, however, also valid on the mainland).

### **Universities in Tanzania**

As of May 2012, Tanzania has a total of eight public universities and 13 private universities, all

in different stages of the accreditation process. Additionally, many universities have constituent colleges and some regional campuses. PAS has worked with some of the universities listed below. A complete listing of all universities and university colleges is available on the Tanzania Commission for Universities website (<http://tcu.or.tz/>). Grantees should check the relevant websites and contact the universities for the most up-to-date information.

We also advise grantees to write to the head of the department in which you propose to work, outlining your research plans and inquiring about possible research collaboration with Tanzanian colleagues. These inquiries should be made at least one year before the date you intend to conduct your research. Keep copies of all your correspondence. We do **not** advise grantees to send copies of complete research proposals to the universities. It may be most productive to send email and hard copies of your letter, as well as following up by phone.

Please see below for a list of all universities both public and private and their contact information. Be aware that information may have changed since this document was finalized.

### **Public Universities**

#### **1. The University of Dar es Salaam (UDSM):**

The Deputy Vice Chancellor (Academic)

University of Dar es Salaam

P.O. Box 35091

Dar es Salaam, Tanzania

Tel. 255-22-2410500/9 or 2410077

Fax: 255-22-2410078; 255 22 2410023

E-mail: [dvc-arc@admin.udsm.ac.tz](mailto:dvc-arc@admin.udsm.ac.tz)

Website: <http://www.udsm.ac.tz/>

#### **2. Muhimbili University of Health and Allied Sciences (MUHAS) (formerly MUCHS)**

The Deputy Vice Chancellor (Academic)

Muhimbili University of Health and Allied Sciences (MUHAS)

P.O. Box 65001

Dar es Salaam, Tanzania

Tel: 255 22 2150473; 255 22 2150302/6

E-mail: [dvcarc@muhas.ac.tz](mailto:dvcarc@muhas.ac.tz)

Website: <http://www.muchs.ac.tz/>

#### **3. Ardhi University (AU) (formerly UCLAS)**

The Deputy Vice Chancellor (academics)

University College of Lands and Architectural Studies

P.O. Box 35176

Dar es Salaam, Tanzania

Tel. 255 22 2771272; 255 22 2775004

Fax: 225 22 2775391; 255 22 2775479

E-mail: [aru@aru.ac.tz](mailto:aru@aru.ac.tz)

Website: <http://www.aru.ac.tz>



#### **4. Sokoine University of Agriculture (SUA)**

The Deputy Vice Chancellor (Academic)

Sokoine University of Agriculture

P.O.Box 3000

Morogoro, Tanzania

Tel: 255-23-2604652; 255 23 2603236

Fax: 255-23-2604652

E-mail: [dvc@suanet.ac.tz](mailto:dvc@suanet.ac.tz)

Website: <http://www.suanet.ac.tz>

#### **5. University of Dodoma (UDOM)**

Vice Chancellor

P.O Box 259

Dodoma

Tel: 255 26 2310000

Fax: 255 26 2310011

Email: [vc@udom.ac.tz](mailto:vc@udom.ac.tz) OR [dvc-pfa@udom.ac.tz](mailto:dvc-pfa@udom.ac.tz) OR [dvc-arc@udom.ac.tz](mailto:dvc-arc@udom.ac.tz)

Website: <http://www.udom.ac.tz/>

#### **6. Mzumbe University (MU) (formerly the Institute of Development Management)**

The Vice Chancellor Academic

Mzumbe University

P.O .Box 1

Mzumbe, Morogoro

Tel: 255 23 2604380/4

Fax: 255 23 2604382

Email: [info@mzumbe.ac.tz](mailto:info@mzumbe.ac.tz)

Website: <http://www.mzumbe@ac.tz>

#### **7. Open University of Tanzania (OUT)**

This is a single mode institution offering certificate, diploma, degree and postgraduate courses through distance learning systems. Located in Dar es Salaam, it has twenty-one Regional Centers and sixty-nine Study Centers in the country.

The Deputy Vice Chancellor (Academic)

Open University of Tanzania

P.O. Box 23409

Dar es Salaam, Tanzania

Tel. 255-22-26688820

Fax: 255-22-2668759

E-mail: [dvc-ac@out.ac.tz](mailto:dvc-ac@out.ac.tz) or Director of Research and Postgraduate Studies at [drpg@out.ac.tz](mailto:drpg@out.ac.tz)

Website: <http://www.out.ac.tz/>

#### **8. The State University of Zanzibar (SUZA)**

Deputy Vice Chancellor (academics)

State University of Zanzibar

P.O. Box 146  
Zanzibar  
Tel. 255 24 2230724  
Fax 255 24 2233337  
E-mail: [dvc@suza.ac.tz](mailto:dvc@suza.ac.tz)  
Website: <http://www.suza.ac.tz>

### **Private Universities**

After economic liberalization, the Tanzanian government allowed the establishment of private universities, which have to be accredited by the Tanzanian Accreditation Council (now under the Tanzania Commission for Universities.) Some of these that PAS has worked with are listed below. Please note that many of them have constituent colleges or regional campuses.

#### **1. Tumaini University (TU)**

Vice Chancellor  
Tumaini University  
P.O. Box 2200  
Moshi, Tanzania  
Tel. 255-27 2752 291 or 2753 612  
Fax 255-27 2754381  
E-mail: [kcmc@eoltz.com](mailto:kcmc@eoltz.com)  
Website: <http://www.elct.org/tumaini.html>

#### **2. Saint Augustine University of Tanzania (SAUT)**

Deputy Vice Chancellor  
St. Augustine University of Tanzania  
P.O. Box 307  
Mwanza, Tanzania  
Tel: 255 28 2552725; 255 28 2550900  
Fax: 255 28 2550167  
Email: [vecsaut@saut.ac.tz](mailto:vecsaut@saut.ac.tz); [mfumbusa@yahoo.com](mailto:mfumbusa@yahoo.com)  
Website: <http://www.saut.ac.tz>

#### **3. Hubert Kariuki Memorial University**

Vice Chancellor (Academic)  
P.O. Box 65300  
Dar es Salaam, Tanzania  
Tel: 255-22-2700021  
Fax: 255 22 2775591  
E-mail [v\\_c\\_@hkmu.ac.tz](mailto:v_c_@hkmu.ac.tz); [secvc@hkmu.ac.tz](mailto:secvc@hkmu.ac.tz)  
Website: <http://www.hkmu.ac.tz>

#### **4. The Zanzibar University**

Chief Academic Officer  
P.O. Box 2440  
Zanzibar

Tel.: 255-24-2232642  
Email: [info@zanvarsity.ac.tz](mailto:info@zanvarsity.ac.tz)  
Website: <http://www.zanvarsity.ac.tz>

### **5. Muslim University of Morogoro**

Deputy Vice Chancellor (Academic)  
P.O. Box 1031  
Morogoro  
Tel 255-23 2600256  
Email: [muslimuniversity@yahoo.com](mailto:muslimuniversity@yahoo.com); [mum@mum.ac.tz](mailto:mum@mum.ac.tz)  
Website: <http://www.mum.ac.tz>

### **6. Mount Meru University**

Vice Chancellor  
Mount Meru University  
P. O. Box 11811  
Arusha, Tanzania  
Tel.: 255-27-2502412  
Fax: 255-27-2508821  
Email: [enquiries@mmu.ac.tz](mailto:enquiries@mmu.ac.tz)  
Website: <http://www.mmu.ac.tz/>

### **7. Arusha University**

Vice Chancellor  
University of Arusha  
P.O. Box 7  
Usa River, Arusha  
Tanzania  
Tel: +255 27 2540000  
Fax: +255 27 2540000  
Email: [info@universityofarusha.ac.tz](mailto:info@universityofarusha.ac.tz)  
Website: <http://www.universityofarusha.ac.tz/>

### **8. Catholic University of Health and Allied Sciences - Bugando**

Vice Chancellor  
P.O. Box 1464  
Mwanza  
Tel: 255 28 2500881  
Fax: 255 28 2502678  
Email: [vc@bugando.ac.tz](mailto:vc@bugando.ac.tz)  
Website: <http://www/bugando.ac.tz>

### **Recommended Fields of Study**

Most fields of study are open for research in Tanzania except for military and security affairs. Requests for research clearance on sensitive political issues, including some wildlife management research may be denied. Library resources are extremely limited, and students

cannot expect to find recent literature or journals. There are archives in Dar es Salaam, in Zanzibar and in several regional capitals, which researchers may request to use. Popular topics for research include East African history, development studies, law, literature, linguistics, sociology, archaeology, anthropology, wild-life related subjects (biology, botany, ecology, zoology), geography, and agriculture. Researchers in HIV/AIDS field should contact relevant authorities early to see if they need ethical clearance. Researchers should check early with COSTECH (at the same time as applying for research clearance) about appropriate clearances from other agencies depending on research topic.

The start of the academic year for universities varies but is generally between August and November. Please contact the universities directly for current information.

### **Language Requirements**

Foreign language proficiency is not required for admission to Tanzanian universities. Certain programs, however, require a working knowledge of spoken Kiswahili. Kiswahili is essential for field research, and grantees who speak Kiswahili are usually treated more warmly and more hospitably than those who do not. Learning even basic Kiswahili indicates to Tanzanians respect for Tanzanian culture.

### **University Application Deadlines**

Students who wish to enroll at any of the above mentioned universities must send their application forms no later than March of the year prior to enrollment. Early application is strongly advised. See the timeline in the general information section.

### **Sending and Receiving Mail**

#### **Personal mail**

Fulbright scholars in Tanzania have been approved for access to the pouch to receive first-class letter mail only (maximum of two pounds). Letter mail means letter mail only -- please. Misuse could result in loss of access for all grantees. Do not give the pouch address to friends or family without informing them of the pouch regulations. Diplomatic pouch privileges for personal mail generally exist in those countries where local and international mail is considered unreliable. Mail sent to the personal mail address may be irradiated.

Do not use personal names of PD or Embassy staff in overseas address formats; a title is sufficient. To do otherwise could result in your mail being forwarded to the officer, should he/she be away from Post. Magazines, newspapers, videocassettes, and package mail are not authorized. CARRY U.S. POSTAGE STAMPS with you for your first-class mail back to the United States. Forms available in U.S. Post Offices make it possible to purchase stamps by mail. The address format for correspondence follows:

Your Name (Fulbrighter)  
2140 Dar es Salaam Pl.  
Dulles, VA 20189-2140

The Public Affairs Section cannot forward mail within Tanzania. Some Fulbrighters report that

once they are established in Tanzania, they prefer to use a local international mail address at their university department or similar office to receive mail and to reduce the number of trips to the U.S. Embassy.

### **Books and Educational Materials Sent by Diplomatic Pouch**

Fulbrighters have access to the diplomatic pouch for sending a maximum of four 8.5"x11" copy paper-size boxes of books and other educational materials. These pouch privileges are provided by the U.S. Embassy on a one-time, one-way basis only; materials cannot be sent back to the U.S. by pouch at any time during your stay. Package mail in excess of the four permitted boxes will be returned to the U.S. at your expense. For additional information on the exact dimensions, address information, and recommendations, consult the *Instructions for Shipment of Books and Educational Materials by Fulbright Scholars* document included in your pre-departure orientation packet.

**CAUTIONARY NOTE:** In the past, abuse by several Fulbright scholars caused near revocation of privileges for all program participants. Anyone who violates pouch regulations will be barred from use and will have to make other arrangements for handling personal and professional correspondence.

### **Customs Restrictions on Professional and Personal Affects**

Besides the limited pouch shipment and airline excess baggage, grantees may airmail materials addressed to themselves via international mail, but are subject to paying customs duty at the local post office before taking possession of the materials. All goods taken into the host country must be declared. There are no duties levied on equipment, such as computers, that are imported for personal use. Firearms may not be brought in without prior arrangements with the Department of Customs and the host country police department. Pets require special handling and prior clearance before they can be imported into the host country. Please be aware that additional transit stops may also require clearance when traveling with pets. The Community Liaison Office at the U.S. Embassy can provide additional information.

### **Schooling for Dependents**

Fulbrighters in Dar es Salaam usually send their children to The International School of Tanganyika (IST) Ltd. ([www.istafrica.com](http://www.istafrica.com)) which has three schools: kindergarten, elementary and secondary. Space is limited and admission is selective. Parents are therefore advised to apply for space for their school age children well in advance of their arrival in Tanzania. School terms are usually August-December, January-April, and third term April-June. Fulbright scholars may receive tuition reimbursement for dependants as part of their grant. Be aware that this reimbursement is taxable income under U.S. law and may add to your obligation to the Internal Revenue Service.

If you need more information about IST Tuition and Fees Schedule for the year and for additional information on school policies write to:

Administration  
International School of Tanganyika  
P.O. Box 2651

Dar es Salaam, Tanzania  
Tel: +255-22-2151817/18 or +255-684-228882/3  
Fax: +255-22-2152077  
<http://www.istafrica.com/>

Since 2004, some Fulbrighters have sent their children to local schools and were happy with the system, which is substantially cheaper than IST. If you need more information, direct your queries to PAS staff. A local organization called TANEDU also has information on local schools at [www.tanedu.org](http://www.tanedu.org). For Fulbrighters based outside Dar es Salaam; there are other school options, especially for younger children. Home schooling is also possible.

### **Child Care**

A full time Tanzanian babysitter may be hired for about \$100-150 monthly. Other expatriates may be able to recommend reliable candidates. Several expatriate preschools have long waiting lists and charge high fees in foreign currency. You might request information on childcare from the Embassy's Community Liaison Office [CLODaresSalaam@state.gov](mailto:CLODaresSalaam@state.gov).

### **PAS AND EMBASSY SUPPORT**

In an effort to support U.S. Fulbright scholars/students and their families, the following services are provided by PAS and the Embassy:

### **Security**

When Fulbrighters first arrive, they usually meet with the Public Affairs Officer, Public Diplomacy Officer and Fulbright Coordinator in the Office of Public Affairs, participate in a security briefing given by the Regional Security Office (and obtain IDs), register with the Consular Section, and get a tour of the Embassy facilities. This includes the Information Resource Center (IRC), Citibank cashier's office, cafeteria, travel agency, "post office" and Community Liaison Office (CLO). It is advisable to keep copies of important documentation in the Fulbrighter's personal file at the Embassy, in case of loss of originals. The Embassy also hosts occasional events that Fulbrighters are invited to attend.

You are **REQUIRED** to register with the Consular Section. You can find the registration link through the embassy website (<http://tanzania.usembassy.gov>) under *U.S. Citizen Services*. For the latest information on Tanzania, please see the Country Specific Information on the State Department website: [http://travel.state.gov/travel/cis\\_pa\\_tw/cis/cis\\_1038.html](http://travel.state.gov/travel/cis_pa_tw/cis/cis_1038.html).

### **Crime**

Crime is a serious problem in Tanzania, and visitors should be alert and cautious. Street crime in Dar es Salaam is common and includes mugging, vehicle theft, "smash and grab" attacks on vehicles, armed robbery, and burglary. Thieves and pickpockets on buses and trains steal from inattentive passengers. Cameras, laptops and cell phones are highly coveted items and should be guarded carefully.

Pedestrians on beaches and footpaths, both in isolated areas and in popular tourist venues, are often targeted for robbery or assault. Grantees should limit the amount of cash they carry and

leave valuables, such as passports, jewelry and airline tickets, in a hotel safe or other secure place. Cameras are highly coveted by thieves, and should be guarded carefully. Because of the potential for fraud, credit cards should only be used in reputable establishments, and even then with caution.

Sexual assaults involving tourists are also an increasing concern. Grantees should be wary of “spontaneous” offers of sightseeing and avoid being alone with “friendly” strangers who propose special, customized sightseeing trips.

Grantees are strongly encouraged to walk in groups, and to not walk around at dusk or later as a general rule. They should always keep their cell phone charged and know emergency numbers for the embassy. You should vary your times and routes of travel so that you are not a "predictable" target.

Carjacking has occurred in both rural and urban areas. Grantees are advised to drive with doors locked and windows rolled up. Travelers are urged not to stop between populated areas, and to travel in convoys if possible.

### **Arrival and Temporary Lodging**

PAS is not able to provide an Embassy expeditor for Fulbrighters at the airport. Taxis are available at the airport and cost about \$35-\$40 to the city center. These costs are subject to change; check for exact cost and exchange rates closer to your date of departure. Grantees are responsible for covering transportation and lodging costs.

PAS can make reservations for grantees at a hotel for the first few days of their arrival if they do not already have permanent housing arranged. Please send the PAS your arrival date at least two weeks in advance, with your preferred location and approximate budget. Please specify whether you need a double, single, or suite, depending on the number of people accompanying you.

Here is a list of possible temporary accommodations used by past grantees:

1. Tanzania Young Christian Students (TYCS) hostel (also known as Sister Sandra's), on Kibasila Road, P.O. Box 4836, Dar es Salaam. A favorite of researchers for short-term stays. Sister Sandra's is a 15-minute walk from the city center and very close to the National Archives. Guests have kitchen privileges and space in the refrigerator to store food. Limited number of rooms so book well in advance. Managed by a Catholic nun. In 2003-2004 a number of Fulbright and Fulbright-Hays students stayed here.

2. YWCA, P.O. Box 2086, Dar es Salaam, Tel. 0255-22 2122439. City Center. Rates: Tshs. 9000 per single room and between Tshs. 8,000 and 25,000 per double room. (Some are self-contained.) Women and married couples only.

3. Luther House, P.O. Box 389, Dar es Salaam, Tel. 0255-22 2126247, email: Luther@simbanet.net. City center on the waterfront. Rates: single \$20, double \$30 a day (bed only, extra for meals). Advance deposit required for first night.

4. The Movenpick Royal Palm Hotel (former Sheraton Dar es Salaam), P.O. Box 791 Dar es Salaam, Tel. 255-22-2112416/2113700, Fax 255-22- 2113532.
5. The Courtyard Hotel, Tel 255-22-2130130, Fax 255-22-2130100, Email: [courtyard@raha.com](mailto:courtyard@raha.com).
6. Sea Cliff Hotel, P.O. Box 3030, Dar es Salaam. P.O. Box 3030, Dar es Salaam. Tel. 255-2-2600380/7; Fax 255-222600476/2600419/2600451, email: [seacliff@tztechno.com](mailto:seacliff@tztechno.com).
7. Southern Sun (formerly Holiday Inn), P.O. Box 80022, Dar es Salaam. Tel 2137575, fax 255-22-2139070, email: [adamf@southernsun.co.tz](mailto:adamf@southernsun.co.tz).
8. New Africa Hotel, Box 9314, Dar es Salaam, Tel. 255-22-2117139/40/41, Fax 255-22-2116731, 2112495, email: [newafrica@raha.com](mailto:newafrica@raha.com). Call for rates.
9. Swiss Garden Hotel in Upanga. About \$70 for a single.
10. Kaya House. You are allowed to use the kitchen. It's located at Kijitonyama, Dar es Salaam. Mobile: +255 713 104123. \$30 per person.
11. Tanzania Youth Services, behind Olympio Primary School. Upanga, Dar es Salaam. Tel. +255-22-2152778. \$ 8, 15, 20 per day.

There are many more commercial guesthouses and hotels. House-sitting is common, and can sometimes be arranged with university faculty members or expatriates who are going abroad. PAS can assist you to place a notice in the U.S. Embassy newsletter, the Wasemaje. Send your notice to care of the Public Diplomacy Officer. (Sorry--PAS cannot assist you in the actual negotiations.) All hotel rates are subject to change at any time. PAS can assist you with hotel reservations for the first day/night you arrive, just email PAS **a few weeks in advance**. Fulbright researchers and students must arrange their own accommodations.

### **U.S. Embassy Access**

The Embassy issues Fulbrighters badges for access to Embassy offices once they complete the security brief. Please arrange to visit the Embassy within one week of your arrival. Fulbrighters also have access to the Embassy gym during normal Embassy hours after signing a liability form. Fulbrighters may pay for a membership to the American club on the embassy compound, which has a pool, tennis courts, basketball courts, and other facilities. These privileges are provided at the discretion of the Ambassador and are subject to change at any time - the Public Diplomacy Officer will provide information on any changes to these privileges.

### **Check Cashing and Local Banking Arrangements**

Fulbrighters may exchange dollars for shillings at the Embassy cashier at the official exchange rate and cash personal checks. The limit is \$1,000 per week. If Fulbrighters need to get more than this amount, they must contact the Public Diplomacy Officer or Fulbright Coordinator, who will guide them through the process. They should NOT try to get the money from the cashier



without checking with PAS a few days before. Please note that proof of funds in your account may be required before cashing large checks.

Prior to their departure from the U.S., Fulbrighters should consult their U.S. banks concerning overdraft privileges. When mail is delayed, scholars and students may not have current information about account balances. Additional U.S. dollar travelers' checks and a major U.S. credit card (Visa, MasterCard, Diner's Club, etc.) are valuable for travel and emergencies.

The currency unit is the Tanzania Shilling. Visitors can bring in any amount of foreign currency; however import and export of Tanzanian currency is illegal. Foreign currency in cash or travelers' checks may be exchanged at any branch of the commercial banks or through authorized dealers and at a Bureau de Change ("forex bureaus") at international airports, major towns and border posts. New US \$50 and \$100 bills are traded at premium rates, and the most desirable bills are those with the "big head." Bring only those U.S. bills with you and avoid accepting older circulation U.S. bills here in Tanzania as they will be harder to spend, but are not widely accepted outside tourist areas. Travelers' checks have a slight discount. There are several ATM machines around Tanzania that will allow you to use your Visa or Mastercard check or credit card to get local currency. You should check with local contacts if this is available in the place you plan to carry out your research/lecturing. Many Fulbrighters who have access to the Embassy find the Citibank Cashier rate favorable. You need to bring your personal check book to access this service. See details below.

### **Local Health Services and Access to Embassy Health Facilities**

Tanzania may require proof of Yellow Fever vaccination upon arrival at the airport. The rules change often and those who transit through South Africa (and sometimes Kenya) will also require this proof. Typhoid, tetanus, and cholera inoculations are recommended but not required of visitors from the U.S. Tap water should be boiled for at least 3 minutes and filtered before drinking. Portable water filters or iodine tablets sold in camping stores are convenient for up-country trips where boiling is not feasible. Bottled water is now available in most towns around Tanzania. HIV/AIDS is a serious problem in Tanzania and visitors are advised to take necessary precautions in personal relationships, hospitals and if ever involved in accidents.

We urge all visitors to take their health seriously and report to a reliable hospital immediately if they feel unwell. Keeping the Fulbright Coordinators informed is also a good idea, in case they need to be on hand for emergencies. Always ensure you know where the nearest hospital is when you travel, and understand what your medical insurance (both U.S. Department of State and any additional personal insurance) covers. Please refer to the health information and road safety on Tanzania available at [travel.state.gov/travel/cis\\_pa\\_tw/cis/cis\\_1038.html](http://travel.state.gov/travel/cis_pa_tw/cis/cis_1038.html)

Grantees should carry copies of complete medical records and basic information that will enable quick and efficient medical assistance, if necessary. Seek the guidance of your personal physician prior to departure from the U.S. in selecting basic health information records to bring with you. Grantees should carry a good supply of aspirin, vitamins, band-aids, and preferred over the counter medications. Grantees should either bring enough prescription medications to last through their assignment or find out the international name of each prescription, since drug names often differ from those used in the U.S.

Fulbright grantees have health care benefits under the Department of State Group Accident and Sickness Program for Exchanges (ASPE). ASPE is a health benefits program; it is not an all purpose health insurance, and it is subject to limitations. Grantees should review, *Accident and Sickness Program for Exchange Participants in Programs Sponsored by the Bureau of Educational and Cultural Affairs*. Traveler's medical insurance, particularly emergency evacuation coverage is strongly recommended, especially for grantees based outside the capital city. The Fulbright grant provides limited medical and medical evacuation (medevac) coverage for the grantee only. The cost of medical insurance and medevac insurance for dependents must be paid by the Fulbrighter. Fulbrighters based outside the capital should explore membership in a local medical evacuation service that transports injured or ill members from rural areas to the capital or another city; these may be less expensive than worldwide services. Fulbrighters are strongly encouraged to provide copies of their medical evacuation coverage documents with PAS in the event of an emergency.

Access to the U.S. Embassy's Health Unit is not extended to U.S. Fulbright grantees or their dependents. Fulbrighters should use local hospitals or the IST clinic +255 22 2601307/8 email: [istclinic@istafrica.com](mailto:istclinic@istafrica.com). Healthcare facilities in Tanzania are rudimentary and medicines are scarce and expensive. If you fall victim to a serious illness or accident you will most likely need to leave the country to obtain adequate medical care. The Aga Khan Hospital in Dar es Salaam offers the best services in Tanzania, and the Kilimanjaro Christian Medical Center in Moshi is the best in its area, and some Fulbrighters in the Arusha/Moshi area have recommended the Selian Clinic. Hospitals in large towns are recommended for routine examinations but in emergencies only for stabilization. Nairobi, Kenya offers the nearest well-equipped medical facilities. As the cost of an emergency evacuation can cost tens of thousands of dollars, you are strongly advised to obtain medical evacuation insurance for yourself and all accompanying family members. More information about hospitals will be available upon arrival. If Fulbrighters have specific health issues or questions that need attention before they arrive, they may email the PAS at [drs\\_exchanges@state.gov](mailto:drs_exchanges@state.gov) and we will try to address those queries.

Malaria is very prevalent in Tanzania, and many Fulbrighters have contracted malaria in the past. There are four types of malaria caused by different parasites of the Genus Plasmodium. Falciparum malaria accounts for 99% of the malaria diagnosed in Tanzania. In the old textbooks, it was known as 'Malignant Malaria' due to complications involving the brain and kidney, sometimes with a fatal outcome. Symptoms of malaria include shaking, chills, fever (usually as high as 103 or 104 degrees F or 40 degrees C or higher), with aches, pains, and generally a severe headache. There is rarely a sore throat, productive cough, earache, or runny nose. Nausea and vomiting with abdominal pain or diarrhea can occur.

If you develop these symptoms, you should contact a reputable doctor for further evaluation. A severe case of Falciparum malaria is a medical emergency as complications can develop quickly. If you are in the U.S. and develop these symptoms, be sure that your doctor knows that you have been in Africa where malaria is prevalent. Your doctor can contact the State Department Office of Medical Services or the Center for Disease Control in Atlanta, Georgia, for advice and consultation regarding appropriate treatment. Since there is a high incidence of malaria in Dar es Salaam, you should take prophylaxis (preventative treatment) all the time you are in Tanzania.

The medication must be taken for one to two weeks before arrival and for four weeks after leaving this or other malaria areas.

The Office of Medical Services of the Department of State recommends one of four different drug regimens:

1. Mefloquin (Larium) weekly
2. Doxycycline daily
3. Malarone daily
4. Primaquin daily

### **Comments about these Drugs**

Mefloquin is a drug which the Office of Medical Services recommends as the most effective medication for malaria prophylaxis. Side effects can include GI upset, dizziness, headaches, and rarely psychotic episodes. The CDC and Office of Medical Services state that Mefloquin can safely be taken during all stages of pregnancy and by children under 30 lbs.

Doxycycline has been found to be quite effective as an alternate regime. However, it is known to cause photosensitivity, usually manifested by an exaggerated sunburn reaction. It can also be associated with yeast infections, especially vaginitis, and nausea, vomiting, and diarrhea. Pregnant women or children below the age of 8 cannot use Doxycycline.

Malarone can be prescribed for those unable to take the aforementioned drugs. This is a combination drug for use in the prevention and treatment of Falciparum malaria only. It is not approved for use in pregnant woman or children under 25 lbs. Another important consideration is that Malarone is one of the most effective and best-tolerated medications for the treatment of malaria. Therefore, if one is taking it for prophylaxis and should contract the disease, Malarone is no longer available as a treatment choice.

Recently, an older drug, Primaquine, previously used to prevent relapses of malaria, has been recommended as primary prevention. It is taken daily, starting two days prior to arrival and for seven days after leaving the area. Persons deficient in G6PD, pregnant or nursing women should not take this drug.

Malaria drug treatment, whether it is for prophylaxis or for acute disease, is constantly developing and changing. The malaria parasite is able to develop resistance to drugs used against it, so recommendations for drug use are not static. There is not one drug regimen that is appropriate for all persons, all ages, or all sexes at one time. The drug(s) used and the dosages must be tailored to the individual. Competent medical authority should resolve questions regarding any aspect of malaria treatment. Do not rely on what someone else does or does not do or the advice that seems to be freely available in the expatriate social/party circuit. There is much folklore regarding malaria that is definitely in error.

Drug prophylaxis cannot, by itself, protect you from malaria. You should also carry out the measures to minimize being exposed to mosquito bites:

1. Sleep under a mosquito net. It is wise to carry one with you for use in hotels and guest houses when traveling in the country.
2. In the evening, wear clothing that covers the body such as long sleeves and trousers/pants.
3. Use insecticides to kill mosquitoes in your house and particularly in those rooms you occupy during dusk/early evening when mosquitoes are most active.
4. Make sure your windows are adequately screened.
5. Use insect repellent on skin not covered with clothing.
6. Take malaria suppressive medications regularly.

Medications and protective measure are both necessary to reduce the chances of contracting malaria. Unfortunately even with these precautions, it is still possible to contract malaria, at which time you should seek immediate medical attention.

## **ADDITIONAL INFORMATION AND RESOURCES**

### **Permanent Housing and Household Goods**

Housing in Tanzania is problematic both in the cities and in the villages. Residential life at universities may be very basic. Water, electricity and laundry services may be unreliable, and cafeteria services, while improving, will certainly reflect local food. Research associates are usually not eligible for dormitory rooms and must seek alternative lodging. Universities sometimes have limited number of flats reserved for short-term visiting scholars. Fulbright scholars teaching at universities will be assigned housing on campus which is rudimentary but should have a reliable water system and other basic services. Scholars will need to purchase some furnishings, and arrange for security, gardening, and house care services after arrival. The electrical systems throughout the country are subject to frequent power surges. UDSM housing is now on the LUKU pre-paid system.

Rental accommodations have become readily available in recent years, including the areas near the University of Dar es Salaam. It takes persistence, time and energy, to find comfortable quarters and furnish them. Anticipating these problems helps to deal with them more effectively. Outside of Dar es Salaam, lodging options are very limited, and local contacts will be vital in assisting you to arrange accommodations. Most housing requires payment of a full-year's rent up front. Missionaries in some areas operate guesthouses.

For all housing, grantees should try to rent a house/unit with a safe haven, or at a minimum doors and windows with metal grills/bars that use quality locks, alarms, and good lighting.

For researchers and lecturers out of Dar es Salaam, it helps to ask past Fulbrighters for advice on housing, transport and other concerns at the pre-departure orientation but also through email.

The television system used is PAL. Because the U.S. uses the NTSC system, DVDs brought from the U.S. will not be viewable on locally-acquired TV sets, unless they are multi-system.

**Clothes**

Most areas of Tanzania have rainy and dry seasons. You will find cotton (or cotton blend) clothes most comfortable in the generally hot and humid Tanzanian climate. Some areas in the highlands do get cold between May and August, and warm clothing is needed. Rain gear is useful for fieldwork in the rainy months. Tanzanian women dress rather modestly; in villages most women wear long skirts or khangas. Shorts can be tolerated in certain classes of society but not generally accepted in public. While in Zanzibar, it is especially essential to dress modestly (covering legs and shoulders), as well as to respect “no eating/drinking” in public during the holy month of Ramadan.

**Things to Bring**

Although economic changes in recent years have led to wider availability of most goods, particularly in Dar es Salaam, it is still advisable to bring with you any specialized supplies you must have to do your work, e.g. cassette tapes, batteries (available but expensive and of low quality), appliances, camera, reference books. Access to books of all kinds and well-stocked libraries are of particular concern. Plan to bring the books you need for your work. Deodorants and feminine hygiene products are expensive. Other useful items: solar battery recharger, pocket knife, rain poncho, mosquito repellent (although local brands work well), U.S. postage stamps (to send letters with travelers or through the pouch), sunscreen, and contact lens solution. You might want to bring photos from home to share with Tanzanian friends. Think self-reliance.

If you have a lot of space, it is a good idea to bring inexpensive gifts, especially things that have landmarks from your school or town, logos and other markings that identify where it came from. These are small but much-appreciated items for contacts you make and friends you will meet. Consider bringing business cards.

**Computers and Other Electronic Equipment**

The Government of Tanzania no longer charges import duty on computers and video cameras brought in for personal use. Check before you plan to bring in equipment. Back-up USB and some computer monitors can be charged duty. Other expensive equipment may be subjected to duty or import restriction. If one plans to bring a DVD player or VCR and expects to rent or purchase movies locally, a multi-system or PAL unit will be necessary.

Power outages and power fluctuations are common and can destroy a computer. If you plan to operate power-sensitive equipment such as computers, voltage regulators, stand-by power sources and surge protectors are advisable. Candles and flashlights are quite useful during frequent power outages. Rechargeable emergency lights are available in Tanzania. The best solution is to bring a laptop which does not require a transformer and can easily convert from 120 to 220/240/50Hz volts. Some devices, such as computer power supplies, may not operate on 50 Hz, even if you have a transformer. Two types of plugs are used: British-style (three perpendicular square pins) and the kind with three round pins. Power surges, blackouts, and power outages are common. A previous Fulbrighter also advised that by bringing his own laser printer on his grant, he was able to avoid the tedious process of getting copies made at the university.

### **Phoning the U.S. and Mobile Phones**

Tanzania's communication infrastructure is in a developmental stage. Long-distance telephone and telex services to other countries are available in Dar es Salaam but very expensive. Outside Dar, landline telephone service is inconsistent and of poor quality. Cellular phones and phone cards are popular and readily available, but expensive by U.S. standards. All recent Fulbrighters have found it essential to buy a cell phone, and it is possible to change service providers from time to time in case rates or connectivity changes. These phones are also a hot commodity for pick-pockets, so Fulbrighters are warned to exercise caution on how they use the phones in public places. Inter-city telegrams are still used, but with the increasing prevalence of the Internet, email is becoming a common means of communication. Internet cafes are ubiquitous in the cities although can be hard to find in the more remote areas of the country and when available, often have very slow connections. More and more Fulbrighters are buying wireless modem connections with pre-paid internet cards that hook up to a USB port on one's laptop or computer, or are getting blackberries with local service. International mail service from Dar es Salaam to the U.S. takes two to three weeks, longer during Christmas and Easter seasons; express mail will take four to five days. Within the country, service is slowed by the difficulties of surface and air transport. Sending and receiving packages from abroad requires paying (high) customs charges, and some researchers have reported lost parcels. Current postal rates are reasonable but are subject to change on short notice.

Internet access and mobile phone access has improved and connection rates are better in towns rather than villages. There is limited high-speed internet access and it is expensive to call the U.S. However, cell phone companies are improving tariffs every day as competition increases. There are calling cards available to make cheaper international calls – check with Embassy personnel upon arrival about some of these services. If you have a tri-band cell phone that is not locked, it may be used here with a chip/SIM card from a local company. If your phone appears to be expensive, you may consider investing in a cheaper-looking phone, as cell phone theft is very common. Blackberries are becoming increasingly common, and some Fulbrighters have found this to be a good investment, especially when based outside of the big cities. Find out the best network in your area of research before deciding on a phone company.

### **Local Transportation and the Used Car Market**

Transport is difficult in up-country Tanzania, more so than in many neighboring countries. Roads are in poor condition; public transportation is unreliable in remote areas. On more common routes, public transportation is reliable, but sporadic. For traveling around the country you have a choice of bus, train, boat or plane. Each has its problems. Bus transportation has improved in recent years, and there are now “luxury buses” available between major cities which are reasonably priced. However, distances are long, buses have frequent breakdowns en route, and drivers travel notoriously fast and often overtake unsafely. Always take along extra food and drinking water. Do not leave your baggage unattended and do be careful of con-men (“matapeli” is the current word in Kiswahili); never accept food or drinks from strangers. Plane flights are often overbooked. It is common to reach the airport only to find that your flight has been cancelled or delayed several hours. Plan your trips with plenty of extra time so that you can cope with these and other unexpected problems.

Dar es Salaam has a well-developed system of taxis, buses and mini buses, which are used extensively by local people. They are fairly reliable but crowded. If you decide to use them, always be aware of your surroundings and belongings. Theft rates on mini buses (known as *Dala dala*) are high. Many grantees have a "regular" taxi driver they use, so ask your contacts for a trusted driver.

Some longer-term U.S. researchers have purchased vehicles on the local market. For upcountry travel, a four-wheel drive vehicle is needed. Toyota, Suzuki, Mitsubishi, Nissan, Landover, Peugeot and Isuzu are common makes in Tanzania, making spare parts easier to obtain for them. A number of car dealers in Dar es Salaam have new and reconditioned vehicles in stock, ready for immediate delivery. Selection and prices vary.

Important note: Crime is a constant concern in Tanzania and we have had some unfortunate incidents with car theft/jacking. We advise ALL Fulbrighters to seek guidance from the Fulbright Coordinator before purchasing a car. There are some kinds of vehicles that are targeted more than others, and the details change from month to month.

Secondhand vehicles are widely available, many at reasonable cost in Dar es Salaam. Within the expatriate community, there are "car available" boards at the Slipway and Shoppers Plaza. Some current Fulbrighters may have vehicles for sale; let the Embassy know if you are interested in getting in touch with them. As with the used car market in the U.S., the buyer should be wary.

The cost of new four-wheel drive vehicles is comparable to that in the U.S. but a 60-80% duty is charged for those without duty-free status. Before buying a vehicle, ask whether duty has been paid. Resale value is reasonable, but it is a difficult, time-consuming process to reconvert more than one million Tanzanian Shillings into foreign currency through the bank. Some researchers have solved this problem by negotiating the sale of the vehicle in advance, receiving the sale proceeds in shillings and using these shillings for living expenses during their stay. Others have been able to sell their vehicle to other expatriates for foreign currency. The Embassy can put you in touch with outgoing Fulbrighters who want to sell their cars.

Email is the quickest means of communication with car dealers in Dar, should you wish to inquire about availability and prices. Several dealers are listed below:

- CMC Motors (Landrover), Tel. (255-22)-2113017/2113273/2123714, Fax. (255-22)-2113273/2113273, email: [admin@cmclandrover-tz.com](mailto:admin@cmclandrover-tz.com)
- International Motors Mart (Toyota), Email: [sales@toyota.co.tz](mailto:sales@toyota.co.tz), Fax (255-22)-2866815/9.
- Toyota Tanzania Ltd, 22 286 6815-9, [www.toyotatz.com](http://www.toyotatz.com)
- Diamond Motors (Mitsubishi) Tel. (255-22)-2865935/42, Fax (255-22)-2863643, Email: [sales@diamond.co.tz](mailto:sales@diamond.co.tz)
- Tanganyika Motors (Peugeot), P.O. Box 1526, Dar es Salaam, Tel. (255-22)-2117576/2122579, Fax 33432.
- Peutan D.T. Dobie (Nissan/Mercedes), Tel. (255-22)-2861040, Email: [d.t.dobie@twiga.com](mailto:d.t.dobie@twiga.com), Fax (255-22)-2865129
- Africarriers, Tel. (255-22)-2860300,2862850, fax (255-22)-2862940/39, Email: [africarriers@raha.com](mailto:africarriers@raha.com)

## **Other Websites or Resource Material**

**Consular Information Sheet**      [http://travel.state.gov/travel/cis\\_pa\\_tw/cis/cis\\_1038.html](http://travel.state.gov/travel/cis_pa_tw/cis/cis_1038.html)  
**Fulbright Association**              [www.fulbright.org](http://www.fulbright.org)  
**Fulbright Community on State Alumni**      [alumni.state.gov/fulbright](http://alumni.state.gov/fulbright)

## **Public Holidays**

The U.S. Embassy observes both U.S. and Tanzania holidays. Please ask the PAS staff for a list of observed holidays.

## **FULBRIGHT REPORTING REQUIREMENTS**

The Fulbright award requires submission of two reports: 1) at the interim or mid-point of the grant, and 2) a final report prior to departing the host country. Grantees will receive instructions from CIES or IIE, as appropriate, on filing these reports on-line.

## **Sample Timeline/Checklist for Researchers Coming to Tanzania**

### **One year before your arrival:**

- ☐ Make contact with faculty and potential collaborators in Tanzania
- ☐ Begin learning requirements for COSTECH and any other necessary research clearances; consider submitting formal application as early as possible.

### **Six months before your arrival:**

- ☐ Submit formal application for research clearance to COSTECH. Fifteen copies. Be persistent in follow up. COSTECH meets only once every three months, so you must have your documents submitted at least six months before your proposed arrival date.
- ☐ Submit formal application to university for Research Associate status, if desired (multiple copies).
- ☐ Write to the Tanzanian Embassy in Washington D.C. or NYC for latest information on visa applications.
- ☐ Submit application for children's admission to schools.

### **Four months before your arrival:**

- ☐ Begin childcare, health insurance, housing, and car purchase arrangements.



- ☐ Email Public Diplomacy Officer Rob Quiroz and Cultural Affairs Assistant Frida Mwenegoha at the U.S. embassy through [drs\\_exchanges@state.gov](mailto:drs_exchanges@state.gov) or [MwenegohaFA@state.gov](mailto:MwenegohaFA@state.gov) indicating your research plans and estimated arrival date.

**Two months before your arrival:**

- ☐ Apply for visitor's visa from Tanzania Embassy in the U.S.
- ☐ Repeat any of above steps with letter/call/email of inquiry, if no response has been received.  
Note: Never expect a university department or COSTECH to make multiple copies of documents for you. Be in frequent contact with COSTECH and your university contact advising them what is happening.

**After Arrival**

- ☐ Attend Public Affairs Section briefing and security briefing at the Embassy.
- ☐ If applicable, get final COSTECH clearance in person.
- ☐ Submit formal application for a residence permit to the Director of Immigration Services, along with 5 passport photos, CV, a copy of the COSTECH approval letter, and payment of \$300 in traveler's checks. Lecturers should submit this documentation to their universities to facilitate on their behalf.
- ☐ Work on housing, utilities, obtaining a cell phone.
- ☐ Visit closest hospitals, schools, libraries, archives and other necessary places to familiarize yourself with the procedures for using the facilities.

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Welcome to Tanzania – Karibu Tanzania!

We hope these instructions provide most of the information you need but we encourage you to contact the Office of Public Affairs staff listed above to let them know your arrival dates as well as any additional questions you may have. We look forward to meeting you and working with you in Tanzania!

Best wishes,  
Office of Public Affairs Fulbright Staff